The Therasuit Method

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Created by: Richard And Izabela Koscielny
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- Richard and Izabela Koscielnny are both physical therapists.
- They are the “creators” of the Therasuit Method.
- They are parents of a little girl with CP who could not walk. This inspired them to create the Therasuit Method.
What exactly is the Therasuit?

- A breathable soft dynamic full body orthotic made for therapists and parents to use with children who have CP.

- The Therasuit consists of:
  - Cap
  - Vest
  - Shorts
  - knee pads
  - arm attachments
  - shoe attachments
What does the Therasuit Do?

- Improves proprioception reflexes
- Reduces pathological reflexes
- Restores normal muscle synergy
- Decreases contracture
- Assists patient to weight-bear system
- Re-trains central nervous system
- Provides external stabilization
- Normalizes muscle tone
- Normalizes (corrects) gait pattern system
- Influences the vestibular system
- Improves balance & coordination
- Improves Bone Density
- Improves speech production motor skills
- Promotes fine & gross motor skills
- Improves hip alignment
Indications for Use

- Cerebral Palsy
- Developmental delays
- Traumatic Brain Injury
- Post CVA
- Ataxia
- Athetosis
- Spasticity
- Hypotonia
How does it work?

- It uses tactile queues
- Supports weak musculature
- Inhibits muscles with hypertonia to allow strengthening in weaker muscles
- Supports head and trunk (assists with improvement of speech)
- All parts are connected and work together which assists with patient coordination
Contraindications and Precautions

- Patients with hip subluxation greater than 50% and/or severe scoliosis should **NOT** use this device as it may increase scoliotic curves and subluxation of the hip.

- **Precautions:**
  - heart conditions
  - uncontrolled seizure activities
  - hip subluxation
  - hydrocephalus (VP shunt)
  - Diabetes
  - kidney problems
  - high blood pressure
Assessment Tools and Impact on PT

- Assessment tools that may be used to determine the progress of patients:
  - Goniometry
  - MMT
  - TUG
  - Berg's Balance Test
  - FES

- Impact on PT
  - The Therasuit revolutionizes the way that PT intervention can be used on this patient population.
  - It's effectiveness has been proven to be successful in many aspects of improving patient quality of life.
  - It has assisted many patients who were not previously ambulatory, in being able to walk.
Training

- **Clinicians**
  - THERASUIT® (2 days) Cost per participant $850.00
  - UNIVERSAL EXERCISE UNIT (2 days) Cost per participant $850.00
  - THERASUIT METHOD® ADVANCED(2 days) Cost/participant $850.00
  - THERASUIT METHOD® (5 days) Cost per participant $1,900.00

- **Parents**
  - Training Center in Keego Harbor Michigan
  - Parents must attend training session with their child
  - Parents have the opportunity to try the TheraSuit and learn from their own experience
  - Free printed handouts, manuals, video tapes and video CDs
Questions?
For More Information

- http://www.therasuit.com/
- http://commons.pacificu.edu/cgi/viewcontent.cgi?article=1016&context=ptcats
- Http://www.leapsandboundspeds.com/